SEPTEMBER 2022

Meet Leona:

An interview with Dr. Mary Spoto

Satyne Doner
Arts & Culture Editor
Sarah Gilley
Copyeditor
Sophia Sullivan
Editorials Editor
Ryn Williams
Layout Editor
Rita Amoroso
Contributing Writer
Cali Conroy
Contributing Writer
Keira Javois
Contributing Writer
Meghan Kennedy
Contributing Writer

Saint Leo University joins other universities including Loyola University Maryland in Baltimore, Georgia State University in Atlanta, and the University of Wyoming with their recent rollout of artificial intelligence (AI) chatbot "Leona."

Dr. Mary Spoto, vice president of academic affairs at Saint Leo, introduced the idea of an AI chatbot at the end of last spring semester. She and the Academic Affairs Faculty Council, including Frank Orlando, instructor of political science, and Trisha Toms, instructor of art, spent the summer workshopping the idea.

Planning to incorporate with Saint Leo's lion, Toms drew a lioness, to deter from the typical depiction of a big, male lion with a mane.

"We didn't want her dressed up," said Spoto, "We wanted her kind of natural."

Toms' illustration of Leona went to a faculty council, to which one of the faculty members suggested the name "Leona."

"We thought it would be a really great idea to find different ways to reach out to students," said Spoto.

One roadblock they encountered when rolling out Leona was anticipating the questions students would have for her.

On Sept. 6, the Leona chatbot device was released for all on-campus students. The innovation is based on a bank of questions and answers. The database behind the chatbot recognizes the most frequently asked questions. Leona learns through her students. The chatbot is constantly growing. The more students use the chatbot, the more the question bank expands.

"She'll learn along with you, she'll learn with you, and she'll learn through you," said Spoto. "You have to help her learn. The more questions you ask her, the better."

As of now, she has around 400 questions and answers in the knowledge bank, but as time goes on this will only continue to improve.

Leona was created with the help of Edsights, a company that operates out of New York, seeking to help college kids finish their education in a healthy and happy way.

The chatbot is reactive and proactive. In other words, the chatbot can answer questions and ask questions. Leona checks up on her students. According to previous texts sent to Leona, she will text a student back to make sure everything went well. When it comes to the safety of students, Leona works hand-in-hand with other Saint Leo departments. The chatbot offers resources for counseling services as well as campus safety contact.

> "She'll learn with you, and she'll learn through you...The more questions you ask her, the better.

Throughout the semester, Leona will send out a new message checking up on students, whether it be asking how school is going, how they are feeling, or if school is stressing them out.

An example of this is a text sent out on Sept. 15, where Leona asked, "How are you feeling about the start of the fall term?" She went on to allow students to choose from three options: "good/excited," "neutral," or "nervous/overwhelmed."

Leona will also make sure that students are mentally doing well while adjusting to campus life. The knowledge base has a list of "trigger words" that it recognizes and, if a student uses one of those words while engaging with her, it could possibly send out an alert depending on the seriousness of it. If an alert goes out for a student, it will use the phone number and identify the student in order to get them the correct help that they need.

Saint Leo is home to

Newsroom

The Lions' Pride Media Group is the student-run publication of Saint Leo University, free from institutional interference from conception to print. We publish in print once monthly, and weekly online at our website and through our social media sites. It is the mission of The Lions' Pride Media Group to provide accurate news and diverse opinions that are important to the Saint Leo community, and our goal is to inform and entertain readers while providing thought-provoking journalism without fear of reprisal.
We are located in the Student Activities Building in Office 106.

Letters to the Editor & Advertising:
Send letters to the editor to TheLionsPrideNewspaper@gmail.com. Guidelines: 500 word maximum. Do not use profane or slanderous language. Faculty must include name and rank. Students must include name, major, and graduation year. Include phone number to verify authorship. We reserve the right to edit for grammar, spelling, or libel.
To inquire about putting an advertisement in the newspaper or social media, please contact Isa Riaño at isabella.riano@email.saintleo.edu.

Alora Peters
Editor-in-Chief
alora.peters@saintleo.edu

Ryn Williams
Layout Editor
cameryn.williams@saintleo.edu

Crystal Smith
Managing Editor
crystal.smith02@saintleo.edu

Reese Bradley
Lead Graphic Designer
abriana.bradley@saintleo.edu

Satyne Doner
Arts & Culture Editor
satyne.doner@saintleo.edu

Pia Perthen
Sports Editor
pia.perthen@saintleo.edu

Isa Riaño
Advertising Manager
isabella.riano@saintleo.edu

Bao Han
Online Editor
bao.han@saintleo.edu

Myla Shashiki
World News Editor
myla.shashikimoya@saintleo.edu

Sophia Sullivan
Editorials Editor
sophia.sullivan@saintleo.edu

Sarah Gilley
Copyeditor
sarah.gilley@saintleo.edu

Arthur Cosson
Social Media Manager
arthur.cosson@saintleo.edu

Dr. Valerie Kasper
Faculty Advisor
valerie.kasper@saintleo.edu

Meet Leona, continued

many students from different countries. Consequently, some wondered about Leona's ability to communicate with Saint Leo's international students.

"Right now, Leona will not recognize international phone plans," said Spoto.

However, if a student prefers Leona to speak in a language other than English, she will respond to a translation device on your phone. Fortunately, Edsights plans to smooth out the kinks regarding this issue.

When Leona was first introduced into the Saint Leo community on Sept. 6, some students thought that the friendly text from the chat-bot was spam. However, Leona is 100 percent authentic and approved by Saint Leo.

Furthermore, if a student accidentally opted out in the initial rollout of Leona, it is not too late to opt back in. Students can email Leona about this at leona@saintleo.edu and inquire about opting back into the messaging system.

Overall, the Saint Leo staff worked incredibly hard this summer to establish this technology for the greater good of the student body. It was a combined effort that sought to help everyone from the new-to-campus freshman to the seasoned senior with a quick question on their mind.

So far, 98 percent of students have opted in to receive texts, and within the first month, Leona has received more than 2,600 messages from students.

Saint Leo has certainly leaned heavily into the wellness of their students in recent years, and Leona is a product of that. With the rollout of the Wellness Center last spring and Leona this fall, it is evident that there is a clear emphasis on the physical and emotional wellbeing of students.

This new system is ready to hear students' ideas and answer their questions. Saint Leo University has an email available for all to express concerns at leona@saintleo.edu.

When Saint Leo art instructor Trisha Toms designed Leona's look, she wanted her to reflect the goals of the project: natural, welcoming, and friendly.

Photo by Isa Riaño

My first hurricane experience: Editors' perspectives on Ian

Myla Shashiki
World News Editor

As the saying goes, there is a first time for everything and, living in Florida, hurricanes are definitely no exception.

I first heard about Hurricane Ian from a friend, when it was still called Tropical Depression Nine, and coming from a country where hurricanes have never been an issue, the possibility made me anxious as I didn't even have a clear idea of what it would look like.

My initial nervousness quickly transformed into confusion as I talked with more people about it. Some friends told me to start buying groceries, moving stuff around my room in case the window broke or the building flooded, and making plans to leave as soon as possible. Others said that it was just going to be heavy rains, but nothing to really worry about.

Being new to this, I didn't know who to believe. I decided to be prepared just in case, and went to buy water, batteries, and flashlights.

By Sunday, confusion grew even more with the uncertainty of how the following week would look like in terms of classes, with a lot of rumors and contradicting information circulating around campus, which ended up being very stressful.

In the end, I decided to go to Miami and stay with my family for the week. We had really bad weather the first couple of days, but nothing out of the ordinary. However, it was still shocking to see images and videos of how the hurricane was affecting other parts of Florida, and it made me worried for my friends and relatives who live in those areas.

I was also not the only one preparing in advance.

"My family and I stayed at home after buying an incredible amount of bottled water and gas for our generator," said Sophia Sullivan, a freshman majoring in English, and the editorials editor here at *The Lions' Pride*. "We prepared for the worst, but it ended up being a bit anticlimactic, which of course was a blessing."

Ian was Sullivan's first hurricane experience.

"I don't know if I feel more prepared, but I definitely feel more knowledgeable," she said. "Watching everything on the news has helped me become more aware of these devastating storms. Can you ever really be prepared for storms such as these?"

Other students have similar stories about their first time dealing with a hurricane.

"This is my first time experiencing the hurricane situation, and from what I know, a big hurricane has very high impacts including extreme wind, rain, storm surge, and flooding, so it made me nervous," said Bao Han, a sophomore majoring in computer science, and the online editor of *The Lions' Pride*. "I moved to my friend's house, which is three hours from the southwest, to stay for a week, but it was still extremely windy and stormy at night."

In the end, what we can all learn is that the best thing we can do is to be prepared, as it's always better to be safe than sorry, but to avoid falling into panic and to remain calm in order to make informed decisions.

The "new" Marion Bowman Activities Center

Alora Peters
Editor-in-Chief

The Marion Bowman Center is oftentimes used for welcome events for new students. "You think about [the] Bowman Center—it's really our gateway to outsiders," said Senese. "Whether they're coming to athletic events, to open houses….it'll be something we can be proud of, something we can invite guests to."

The parking lot closures, noisy construction, and office transplants of Spring 2022 paved the way for the triumphant completion of Saint Leo University's most recent remodeling project—the Marion Bowman Activities Center.

Named after former university president Fr. Marion Bowman, the Center encompasses the basketball arena, the athletic swimming pool, a fitness center exclusively for athletes, and coaches' offices.

Severe damage from water leaks prompted the remodeling of the Marion Bowman Center.

"It was in very rough shape," said former university president, Dr. Jeffrey Senese, in a Spring 2022 interview with *The Lions' Pride*. "We knew we had to do something this year. Given the consequences of that, we decided to do some cosmetic upgrades as well."

The new renovations incorporated the Center's former breezeway into the building itself, so that the breezeway is now closed in and air conditioned. The expansion and opening of the breezeway also provided room for the construction of a display case of trophies and awards won by the Saint Leo Lions.

"You guys haven't seen the incredible amount of trophies that students have earned, teams have earned over the years," said Senese.

Refurbishments were also made to the Athletic Training Room, which is available to help athletes prepare for games and recover from injuries.

Manny Sado, a pitcher for the Saint Leo baseball team who is pursuing his M.B.A. with a sports business concentration, thinks that the updates to the Athletic Training Room are the most important part of the renovation.

"As someone who has, unfortunately, spent my fair share of time in the training room, I am happy to see it done right," said Sado.

For athletes like Sado, resources like the Athletic Training Room are essential to athletic success and development.

"We are so fortunate to have administrators and care staff that realize the importance of our athletic training staff and what they do for us as athletes," said Sado. "The upgrades made for that department are amazing. They help keep us on the field and competing and, without them, we are not nearly as strong as a program!"

In addition to the breezeway and the Training Room, updates were also made to the flooring of the Marion Bowman Center. The previous floors required continual repainting, so the new floors were given a more durable finish, similar to the Wellness Center.

Sado hopes that renovations for the Marion Bowman Center will continue, especially in the Center's weight room, which is exclusive to athletes.

"I would love to see what we are able to do with that space and with player development here at Saint Leo," said Sado. "Obviously, these types of things come in phases and more than likely, I won't be here for the rest of the renovations, but I'm happy that future Lions, and any of our ex-Lions in the professional ranks that come back to train, will get the added benefit of more up-to-date facilities."

For athletes, the Marion Bowman Center is truly an important part of their lives at Saint Leo.

"You spend more time there with teammates, away from home and your family…it always has some significant meaning," said Sado. "The Marion Bowman Center is a place us athletes are happy to call home."

Re-construction of the Marion Bowman Center began in spring 2022 and continued over the summer.

The Wellness Center: Keeping students and staff healthy

Jacob Onken
Contributing Writer

The Wellness Center is one of the newest buildings at Saint Leo University. It had its soft opening on Mar 7, 2022. The objective of the Wellness Center is to keep students and staff healthy.

The executive director at the Wellness Center, Kathleen Pantalone, said that the building does not just focus on the physical healthiness but also on "the mind, body, and spirit" of students and staff.

One of the biggest draws that the Wellness Center has is its modern fitness floor. The floor includes spots for cardio, free weights/machines, a HIIT area (which is short intense bursts of cardio), and the Group X studio.

The area for cardio contains equipment like treadmills, cycles, stairmasters, etc. For students interested in lifting plates and selectorized weights, the free weight zone would be their forte. The HIIT area (high-intensity interval training) has a tire to flip, and boxes used to jump on. The Group X studio is where hand weights and weighted bars are at.

Noah Hill, a freshman at Saint Leo University, said that he could work out "everywhere" at the gym and "utilize" whatever he needs to work out.

Another freshman, Victor Parada, agreed with Hill's sentiment saying that the Wellness Center "provides everything I need" to work out.

A lot of equipment is presented on the main fitness floor, but the Wellness Center provides even more.

When asked about what equipment was offered at the Wellness Center, Pantalone said that "students can also sign out" things like "basketballs, volleyballs, footballs, and soccer balls" along with weightlifting belts and pool tubes.

Not only does the Wellness Center provide the equipment needed for a successful workout, but they also have classes and personal trainers to help. The Wellness Center offers a multitude of classes which are not limited to yoga, spin, introduction to the gym, self-defense, and classes that target different parts of the body.

Once a month, the Wellness Center will also be "offering CPR/ first aid" and lifeguard certification, Pantalone added. For students and staff, the classes offered at the Wellness Center are free.

There are two different ways that students and staff can sign up for classes: through the Wellness Center app or through wellness.saintleo.edu.

There are three different personal trainers that work at the Wellness Center. Signing up with a personal trainer is done the same way as with the classes. A personal trainer works one on one instead of in a group setting.

Students get other options like the community pool, basketball courts, counseling services, and the university ministries for free until they graduate. Once graduated, former students get a discount if they want to buy a membership.

They are approximately 25 percent off the community rate, according to Pantalone.

The Wellness Center offers different ways for students to stay healthy. Weight equipment is important, but it is not for the masses. With all the options, it is clear the Wellness Center really does focus on the mind, body, and spirit.

Jinghao Wang (senior) is using one of the selectorized machines that the Wellness Center offers.

Philp Armbrister's (senior) favorite part of the Wellness Center is the basketball courts.

Remembering Queen Elizabeth II: An international icon

Queen Elizabeth travelled to all 14 of the Commonwealth countries during her reign.

Sophia Sullivan
Editorials Editor

When people think of Great Britain, Big Ben, fish and chips, and tea may come to mind. But without fail, for the last 70 years, many have pictured Queen Elizabeth II.

Following the death of her father, King George VI, Queen Elizabeth II rose to the throne in 1953. It was the first royal coronation to be broadcasted on live television, according to royal.uk, the official website of the royal family. With the queen a mere 25-year-old newlywed, the public was concerned regarding her ability to lead their nation.

"Historically, young queens are often threatened in their political power both because they are females wielding power in a 'man's world' and because a queen in full charge of a country is rare compared to the traditionally accepted 'queen-consort' as wife of the ruling king," stated Dr. Marco Rimanelli, a professor of European and international politics at Saint Leo University.

As a female, the queen faced many challenges in the beginning of her reign.

"Queen Elizabeth II's reign coincided with and inspired the rise of many female leaders globally and the permanent flood of women into the global civilian workforce, once dominated by men," remarked Rimanelli.

Queen Elizabeth II seemed to prove herself as a woman of character who genuinely cared for her people.

Not only did she set an example for female leaders around the world, but she also maintained an amiable relationship with the United States of America. She travelled to the United States often and met an astonishing 14 presidents throughout her reign.

According to Rimanelli, she "captivated [them] with her down-to-earth subtle humor and reciprocated friendship," which are certainly traits attractive to anyone.

Of course, the American public largely found these attributes to be appealing as well. From the very beginning of Queen Elizabeth II's reign, Americans have followed the royal family through many major life events. From controversial marriages to funerals to births, the American public never failed to tune in on their televisions.

Besides winning the hearts of American people, Queen Elizabeth II had many notable accomplishments throughout her reign. She was well-travelled, having been throughout Europe, the Commonwealth States, and the United States.

Because of this, influential figures from around the globe attended the queen's funeral on September 19, 2022, while multitudes watched on television to honor her.

Notably, Queen Elizabeth II helped to address the long-lasting tension between Great Britain and Northern Ireland. According to Rimanelli, she was the first British monarch to visit Ireland in 100 years.

Queen Elizabeth II defined what it meant to be a monarch and deeply loved her people.

"She became a revered, steady, grandmotherly figure over her 70 years of reign," stated Rimenelli.

The queen was truly an international icon, inspiring the world with her kindness, pride in her kingdom, and admirable diplomacy.

All photos are courtesy of the official Royal Family Instagram account, @theroyalfamily.

Taken in June during her Platinum Jubilee, Queen Elizabeth II smiles as "the first British Monarch to reach this milestone," according to the royal family's Instagram.

Hispanic Heritage Month at Saint Leo

Myla Shashiki

World News Editor

Sept. 15 marks the start of the celebration of Hispanic Heritage Month. The observation of this month in America serves the purpose of "celebrating the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central, and South America," according to hispanicheritagemonth.gov.

With over 750 international students, many of whom are native to these countries, as well as several domestic students with Hispanic roots and heritage, this culture is appreciated as well as celebrated in the Saint Leo University community too.

A good place to start exploring Hispanic traditions and customs at Saint Leo would be the Center for Global Engagement, which often hosts different events that showcase cultures from all over the world. When it comes to student organizations, the Spanish club also provides an excellent opportunity to get to know more about this culture.

"They can see our roots and how even though we are all Hispanics we all have different traditions, dishes, celebrations, and ways to work," said Federico Hernandez, a freshman majoring in Business Administration and the current president of the Spanish club.

Furthermore, foodies of Saint Leo might also be able to learn first-hand about traditional dishes during International Education Week's 'Feast for the World', which has consistently included recipes from a wide variety of Hispanic countries. In addition, Hispanic influence can be found occasionally at the dining hall, ranging from snacks like fried yuca to entire dishes like arroz con pollo.

Additionally, Cannon Memorial Library has a wide selection of Hispanic authors whose works students can read to have a better understanding of this culture.

To continue, the specific theme for this year's Hispanic Heritage Month is: "Unidos: Inclusivity for a stronger nation." This theme is also reflected among Saint Leo students.

"We can start by mentioning the core values of the university. I know that one of those is community, and that core value is represented in every event that the university organizes, where inclusivity and respect towards our differences are emphasized," said Daniela Mejia, a sophomore majoring in accounting.

At Saint Leo there is a strong sense of unity within Hispanic students themselves, which can be a useful support system when adapting to a new environment or facing adversities.

"It was all very new at first because I arrived right after the Covid-19 pandemic, but I believe that it helped me to have this space where we all have a great connection with each other," shares Mejia. "We obviously still hang out with other students from different communities, but it's always comforting to have a group where you know that you share the same struggles, like for example the language, or the cultural differences, and this has really helped me develop myself as a person, as well as my social abilities."

The visibility that is given to these groups, however, is an aspect where there is still room for improvement.

"I think the Hispanic culture represented in the university is good, but it would be ideal that we make it more noticeable for the rest of the community or Hispanics that are looking for somewhere to feel more comfortable," comments Federico Hernandez. "Anyone can join us and see what us Hispanics are trying to do and how united we are."

It is because of this reason that celebrations like Hispanic Heritage Month are so important and relevant. Hopefully through this increased visibility, we can keep sharing and learning more about the diversity that we have here at Saint Leo.

"I started by talking to people who were from the same country as me, then we started meeting other Hispanic people and I feel like eventually we ended up building a community," shares Daniela Mejia about her experience making friends as an international student.

Some recommendations of books written by Hispanic authors on display at the Daniel A. Cannon Memorial Library.

Hispanic Heritage Month started in 1968 as Hispanic Heritage Week, but was later extended in 1988, according to hispanicheritagemonth.gov.

Voting on Election Day:

If you are available on Election Day and decide you want to vote in person, there are some things you must keep in mind.

Firstly, you must know which polling place you will be going to. Polling places are the sites that are set up specifically for voting. They are most likely to be located in schools, churches, libraries, or other public buildings.

To find your polling place, check the address on your voter's card or check with your supervisor of elections to find out where your polling place is located.

Depending on which state you are in, the poll times vary. Therefore, it is also important to know when your poll is opening and closing.

"I voted in person and the experience was quick and easy, everyone was very helpful and nice," said Cierra Acker, a freshman majoring in elementary education.

Early Voting:

If you are not available on Election Day but you still want to vote, another option to consider is in-person voting through early voting. Not every state will allow it, but most do. The states that do not allow in-person early voting include Alabama, Connecticut, Mississippi, and New Hampshire. They may offer early voting only for eligible absentee voters.

The time for early voting will vary with each different state. Early voting can begin up to 55 days before the election or the Friday before Election Day. As expected, early voting will end a few days before Election Day.

Absentee Ballots or Voting by Mail:

Absentee voting, also known as voting by mail, is another way you can vote if you will not be available on Election Day.

Not just anyone can use absentee ballots. You must have a valid reason and every state has different rules about absentee ballots.

One of the main and most valid reasons would be that you would be absent from your state on Election Day.

"I used mail in voting, and it was quick and easy," said Ashley Tucker, a junior majoring in criminal justice.

Planning fo
HOW T

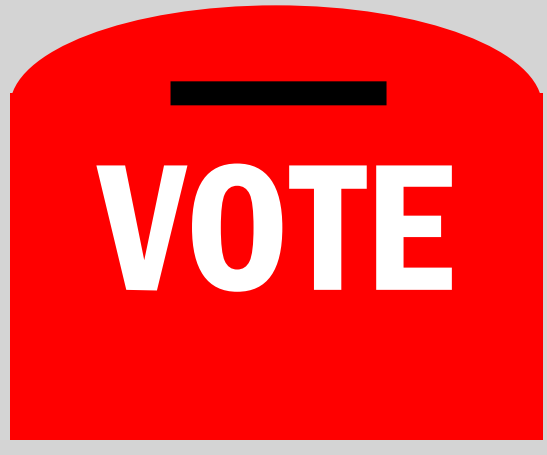
In the United States, there are ma
different voting laws for each state, an
These different ways include abse
voting on Election Day, and vote cente

Registe

Most states will require you to register before v
register by mail, or register online at https://vote.go
In-person registrations usually involve you hav
say you are, as well as information to confirm the st
The deadline for registration will vary in each
depends on your state. You can visit usvotefoundatio

Vote

Sometimes voters prefer to vote on the go, wh
Vote centers are similar to polling places, bu
and churches. Vote centers are located in superm
Vote centers may be seen as more convenie
flexible parking. Not every state allows vote cente
vote centers.



r Election Day:
TO VOTE

ny ways you can exercise your right to vote,
d different voting times and locations.
ntee voting or voting by mail, early voting,
rs.

ring to Vote:

voting. To register to vote, you can visit your local election office,
v/.
ving some form of identification to ensure that you are who you
ate that you are living and voting in.
state. Most deadlines will be in early to mid-October, but it all
on.org for state-specific deadlines.

Centers:

here they can get it done in a quick and efficient way.
ut are not located in public buildings like schools, libraries,
arkets like Walmart and Costco.
ent places for people, mainly because of extended hours and
rs, however, so it is important to check if your state supports

Voting Laws in Different States:

While voting is the common denominator on Election Days, the way in which it is done varies from state to state. Before voting or registering to vote, it is always important to know the specific voting laws of your state.

If you fail to take this into consideration, you can possibly miss an important deadline, causing you to be excluded from voting

Most of the information regarding the voting process in the state where you reside and should vote in is usually posted on a government site.

Keep in mind that voting is a right and not a law. While you are encouraged to vote, it is not mandatory.

Voting in the State of Florida:

Saint Leo University's University Campus is based in Pasco County in the state of Florida. For this reason, here are some important voting deadlines in Florida.

The Florida State General Election will be held on Tuesday, November 8. The deadline for new voter registration is Tuesday, October 11, at 7:00pm.

If you decide you want to do absentee voting, there is an absentee ballot request deadline. Post must be received by Saturday, October 29 at 5:00pm. Mail ballots must be picked up from the election office by Tuesday, November 8. The absentee ballot return deadline is Tuesday, November 8, at 7:00pm.

There is also early voting available for the Florida election. These dates are Saturday, October 29, through Saturday, November 5. However, these dates can vary by county, so you may have to contact the local election office.

Article by **Madison Wilson,** *Contributing Writer*

To find more information on voting, you can visit the official website of the United States government at https://www.usa.gov/election-office.

Classical Music Month

Isa Riaño
Advertisement Manager

In 1994, President Bill Clinton declared September to be Classical Music Month. Some people celebrate this day by attending classical music performances, playing classical music on their stereos, and even picking up an instrument. But what is the meaning behind this celebration?

According to Young from the Classical Music Association, Clinton claimed that Classical Music Month is intended to be a celebration of artistic excellence in honor of various composers who produced masterpieces that still connect us despite our differences in culture and background. For instance, even after many years have passed since the composition of their songs, many of us are familiar with composers like Johann Sebastian Bach and Wolfgang Amadeus Mozart.

According to the Oxford Dictionary, classical music is "written in a Western musical tradition, usually using an established form." Furthermore, "classical music is generally considered to be serious and to have a lasting value."

Dr. Cynthia Selph, assistant professor of music and music ministry, asserts that classical music does require a high degree of comprehension. She affirmed that while some genres, such as pop, offer immediate gratification, classical music necessitates a more intense degree of listening.

Selph elaborated on her ideas using an insightful analogy. She claimed that although pop music provides instant excitement like a candy bar, classical music is like a gourmet meal that provides exhilaration and requires time to fully appreciate.

On the other hand, Mauricio Rodriguez, an adjunct professor in the college of arts and sciences believes that it is challenging to define classical music.

"Classical music does not have to be serious or long lasting," he said. "It can be created in many different ways."

Saint Leo University acknowledges the relevance of music as a liberal arts institution. Our vocal and instrumental ensembles seek to enthrall and fascinate students. In fact, Dr. Selph also serves as the choir director for Chamber Singers and Saint Leo Singers and she recently planned a fall music audition party where prospective choir members could perform a little song excerpt and get to know current choir members.

Selph is quite satisfied with how the event turned out.

"It was particularly successful, because our active singers kept our new vocalists amused with games and activities," she said.

The new singers have enjoyed the experience of being part of the choir.

"I love singing in choirs," said Hadassa Silva, a freshman majoring in international studies. "Music is a big part of my life."

Photo courtesy of Paige Ramsey-Hammacher

The Saint Leo Music Collective has performed at campus events, such as Fall Family Festival.

Students interested in joining any of the ensembles can contact Selph at cynthia.selph@email.saintleo.edu.

Furthermore, there will be a faculty concert on Sept. 27 in Selby Auditorium at 7 pm, where classical pieces will be played. "We will perform a song composed by one of our professors based on a poem written by another faculty," said Rodriguez.

September is a time to commemorate the classical period. Let us appreciate the beauty in every beat of each composition!

Photo courtesy of Paige Ramsey-Hammacher

The Saint Leo Music Collective organizes concerts open to all students and faculty.

Athletes on Air: Vineet Shinde – Men's Track and Field

Pia Perthen
Sports Editor

Attentive spectators might have seen this ambitious track athlete competing in a track meet, giving his best alongside his teammates. But they might not know that this athlete has traveled far to grow and develop as an athlete and student.

Vineet Shinde, from Sanpada Navi Mumbai, India, is majoring in sports business with a minor in accounting and has been running track since the start of high school. He stopped for a couple of years but found his passion for it again during his sophomore year of college.

In addition to being a student athlete, Shinde works for Residence Life as a Resident Assistant (RA) and is gaining valuable experience for future career paths. His biggest goal is to impact the lives of others through sports.

"I would like to pursue a job in sports finance and management after I have graduated from college," said Shinde.

He says his biggest idols are his grandfather and himself, which shows how much he believes in himself. This can be seen as he practices five to six times a week and continues to achieve personal records at track meets.

"I like the competitiveness most about my sport. Nothing comes close to experiencing the thrill and excitement I have during a track meet!" said Shinde, who is ready to give his best and work hard for his success.

Shinde is grateful for the love and support that his immediate environment is providing him. Apart from his sport, he is fascinated by watching premier league, tv shows, anime, and standup comedy. Another unique feature is that he enjoys listening to old music. Besides that, Shinde likes to talk with his friends or new people.

"I am always really excited to see my friends' and teammates' faces after the breaks and cannot wait to exchange memories and experiences!" said Shinde.

Shinde is also a representative of the Saint Leo Student Athlete-Advisory Committee (SAAC) and is the new treasurer for SAAC. He likes being in this organization because he is able to represent his team and gain more insights into the athletic department. His advice to all athletes is, if you are struggling with anything, please reach out to the executive board of SAAC or your SAAC representative. Shinde stresses that SAAC is able to help athletes to do better in sports and life.

Finally, Shinde says that his personal motto is, "Character, not the brain, will count on the crucial day!" justifying his fit for this month's Athlete on Air.

The thrill and joy during competitions are hard to compare to anything else, and Shinde is having a lot of fun at every Track meet.

Shinde is representing the Men's Track team with flying colors.

Shinde is running as fast as he can to break his own personal records.

Fall 2022 Sports Preview

Pia Perthen
Sports Editor

Photo courtesy of SAint Leo Athletics

The Men's Soccer team started this fall season with a win (1-0) against Auburn University Montgomery.

After the breaks and inconveniences caused by COVID-19, Saint Leo University's athletic teams were slowly able to return to their routines in Fall Season 2021 and Spring Season 2022. However, some strict rules issued by the National Collegiate Athletic Association (NCAA) came hand-in-hand with some good outcomes for the athletes that were restricted during Spring Season 2020.

During Spring Season 2022, if athletes had not received the COVID-19 vaccine and one booster vaccine, they had to be tested weekly. As for the positive aspect, the NCAA granted athletes one more year of eligibility if they were on an athletic college team in Spring Season 2020 because the NCAA was forced to cancel all championships during that semester. This means some athletic teams were able to have "grand seniors" last season, who competed in their fifth year and brought some valuable experience with them.

Men's and Women's Cross Country:

Looking at last season's ending, Saint Leo's Men's Cross Country had great success last year. Shane Bracken claimed his individual title at the 2021 NCAA Division II South Regional at the Abbey Golf Course and qualified together with Arthur Cosson for the 2021 NCAA Division II National Championship. Shane Bracken is the first Saint Leo runner to crack the top 20 and holds the highest finish in program history at the National Championship, with his 16th place finish in a time of 30:49.8.

As for the Women's Cross-Country team, they showed similar Lions' strength as they won the 2021 Sunshine State Conference as a team. Playing host to the 2021 NCAA Division II Cross Country National Championships, the Lions scored 633 points to finish 27th. The Lions saw two runners inside the top 100 out of 256 total participants. Faye Dervan had an excellent finish to her season at the Nationals with a 41st place finish, one shy of All-American, with a time of 21:29.1.

Saint Leo Men's and Women's Cross Country head coach Kent Reiber has announced the 2022 schedule for the Lions, and the next tournament for both men and women will be on September 24 as they host at the Abbey Golf Course at Saint Leo. The women's team will give their best to defend their 2021 SSC title on November 5 at the 2022 Sunshine State Conference Championship at Daytona Beach, Florida, hosted by Embry-Riddle University, where the men's team will be present as well. The next stop for both teams will be the South Region Championship on November 19, which will lead into the National Championship on December 3 in Seattle, Washington.

Men's Golf:

The Men's Golf team showed great success on and off the golf course last season. Men's Golf coach Chris Greenwood is proud of his team for earning the Presidents Special Recognition with a 3.61 GPA, where Saint Leo was one of eight Division II institutions to earn the high honor with a 3.5 or higher GPA.

In addition, six players of the team were able to earn the All-American Scholar honors, which means that the athletes need to achieve a 3.2 or better GPA and compete in 50 percent of their team's competitive rounds.

Some golf highlights from last year were the Lions' season opening with a win at the Griffin Invitational, hosted by the Saint Leo golf team in Petersburg, Virginia. The Lions were led by junior Jake Nash, who took home the medallist honors, the first of his collegiate career, after shooting a four-under-par 212 over 54-holes.

Alberto Castagnara and Colin Kresel were named Sunshine State Men's Golfer of the Week, and the team was able to qualify for the 2022 NCAA Division II South Regional Championship in Valdosta, GA. After a good performance at the 2022 Sunshine State Conference, Jake Nash finished tied for second on the final day leader board, shooting a 69 and finishing seven under par at the SSC.

Saint Leo opened their 2022-23 season on September 12-13 in Brooksville, Florida, for the annual Griffin Invitational and finished sixth out of 13 teams with +16 strokes over Par. Their next tournament will be September 25-27 Cougar Invitational at Green Island CC in Columbus, Georgia.

Women's Golf:

Similarly, the Women's Golf team was able to show what they were made of last season. The Lions were able to secure two runner-up podiums as a team. They were able to qualify for the 2022 NCAA Division II South Regional Championship in Davie, Florida, at the Grande Oaks Golf Club. The Saint Leo Women's Golf team came up just short of advancing further into the championship, as Barry won the tiebreaker.

The tremendous 2022 season run came for the team to an end as the fifth-best program in the South Region. However, Francesca Santoni was able to punch a ticket for the NCAA Division II Women's Golf Championship as an individual, where she placed 30th. Francesca Santoni wrapped up her impressive last season as a grand senior as an NCAA Division II National contender, WGCA All-American First Team member, Sunshine State Conference First Team member, and the two-time invitational winner taking the Lady Moc Classic and World Golf Invite.

Fall 2022 Sports Preview, continued

Their first tournament of the season will be on Sep 19 -Sep 20, the DBU Invitational in Denton, Texas, at the Wild Horse Golf Club, followed by their next tournament, Golfweek Fall Invitational on Oct 2-4 in Destin, Florida, at Sandestin Resort. Women's Golf coach Lyndsey Bevill is excited to enter into competitive mode again, with the same first tournament in Texas as last year.

Men's Soccer:

Next up is Men's Soccer and, under Head Coach Brett Parker and Assistant Coach Nick Sakiewicz, the soccer team wants to show Lions' strength this season. Their season ended at a home game last year in November as they were defeated (1-0) by Florida Southern at their home turf: the Saint Leo Soccer Field.

The Lions kicked off this Fall season on August 25 in Millbrook, Alabama, where they won (1-0) against Auburn University Montgomery. The Men's Soccer team can show off some other victories against the University of West Florida (1-0), Trinity College (1-0), and the University of West Alabama (1-0).

So far, Saint Leo Graduate Goalkeeper Ricardo Ceballos and Sophomore Midfielder Noah Kvifte have been honored with the United Soccer Coaches College Player of the Week for the NCAA DII title.

Their next upcoming matches will be on October 27 against Lynn University in Boca Raton, Florida, and against Florida Southern College in Lakeland, Florida, following postponement from Hurricane Ian.

Women's Soccer:

As for the Women's Soccer team, the coaching team is set with Head Coach Ged O'Connor and Assistant Coaches Arielle Kabangu, Kiersten Edlund, and Chris Dris, and Volunteer Coach Laura Hallissey for this season. Last season came to an end in November when they lost against Florida Southern (1-2) in Lakeland, Florida.

This season, the Women's Soccer team started with a roar during their home game on August 26, where they won 1-0 against Newberry College. So far, the Green and Gold team scored some victories against Georgia College (2-1), Pace University (1-0), an impressive win against Edward Waters (6-0), and Rollins College (1-0).

Their next matches will be on the home turf (Saint Leo Soccer Field) on October 4 against Florida Southern College, October 8 against Embry-Riddle University, and on October 25 against Lynn University. The women's soccer team would be happy for support from their Saint Leo fans on their competition days.

Volleyball:

The Green and Gold Women's Volleyball team is working hard under the supervision of the Director of Volleyball Natalia Koryzna and Assistant Coaches Michaela Karrick and Emily Kalmink. They ended their last season on November 20 at West Palm Beach against Palm Beach Atlantic with a defeat (0-3).

However, they started this season strong with a win against Emporia State University in St. Louis, Missouri, and have succeeded in other matches this Fall semester. The highlight was at the home tournament in the Marion Bowman Activities Center, where the Women's Volleyball team pleased their Saint Leo Lions fans with a win (3-0) against Rollins College. The next competitions would be planned for September 30 in Boca Raton, Florida, against Lynn University and on October 1 in Fort Lauderdale, Florida, against Nova Southeastern University; however, the games will likely be postponed due to Hurricane Ian.

For the latest news, updates, and information about sports, visit SaintLeoLions.com. Fans can also stay up-to-date on the latest Lions news by following Saint Leo Athletics on Facebook, Twitter, Instagram, and YouTube.

Photo courtesy of SAint Leo Athletics

The Women's Volleyball team is showing Lions' strength on the court and are loving the support of their fans at the Marion Bowman Activities Center at Saint Leo University.

BLOOM SAN ANN

Healthy Neighborhood Cafe

Discounts Available for SLU Students

12630 Curley St.
Unit #102
San Antonio

- **Bloom.SanAnn**
- **Bloom.SanAnn**
- **352-363-5040**
- **bloomsanantonio@gmail.com**

- **SMOOTHIES**
- **ENERGY REFRESHERS**
- **ACAI BOWLS**
- **PROTEIN WAFFLES**
- **PROTEIN SHAKES**
- **ICED COFFEES**

BLOOM
SAN ANN

An overview of San Antonio's Campus Gear

Isa Riaño
Advertisement Manager

Campus Gear is a local business in San Antonio less than five minutes from Saint Leo University's university campus. The store offers t-shirts and other merchandise for Saint Leo students and is open to everyone in the area.

Jean Nathe, the president of Trade Mark Sales, Inc. & Campus Gear, explained how she was passionate about selling merchandise for university students.

"We started with a multi-license for Saint Leo University, the University of Tampa, and Stetson University," said Nathe.

Nathe explained that, while Trade Market Sales was an approved vendor for internal orders prior to getting the retail license, it was evident that the Saint Leo products sold better than the other two universities due to the kiosk's proximity to the main campus.

"We started selling merchandise for Saint Leo University because of how close [Campus Gear's Kiosk in San Antonio] is to the main campus," she said.

Campus Gear not only offers products to Saint Leo students, but also aims to support the university's departments in their development.

"We give royalties to Saint Leo from what we sell," said Nathe.

Although the business has gained visibility with its advertisements and products, Nathe hopes more students visit the store and learn about its products.

"We have gotten some students, but I think we could always have a better turnout," she said.

Nathe also explained that she and her team have experienced some challenges in the process of reaching students.

"The summer is always the most challenging time of the year, as not a lot of students are around," Nathe said. "We are working on updating our website in order to solve this issue."

Items can be shipped to different cities in Florida and even to different states. Therefore, students can purchase at any time of the year regardless of where they are in the United States.

Apart from updating social media pages, Nathe has tried to create engagement with students through in-person connections.

"We went to Saint Leo University for homecoming in 2021," she said. "This was a great opportunity, as a lot of students were around and learned about us."

Nathe plans on working with her team to keep the organization's Twitter and Instagram pages active in order to keep students posted about the business.

"We often offer discounts and seasonal items and would love for students to know about them," she said.

Campus Gear also holds events open to the public. A recent one they had was Happy Fall on September 10. There was a ten percent discount at the Campus Gear Kiosk located in the Two Ole Hens store, as well as outside vendors and a food truck.

If you are interested in learning more about the store, you can stop by at 32747 State Rd 52, follow them on all social media platforms at @campusgear52, or contact Nathe at jean@trade-marksales.com.

***Note: This article is a paid advertisement.** If you are interested in seeing your business or organization featured in the next issue of The Lions' Pride, please contact our advertisement manager, Isa Riano, at isabella.riano@email.saintleo.edu to discuss purchasing an advertisement article.

The Campus Gear Kiosk in San Antonio is inside the Two Ole Hens building.

FOLLOW US ON

Instagram: LionsPrideMedia

Facebook: The Lions' Pride Media Group

Twitter: LionsPrideMedia

YouTube: The Lions' Pride Media Group